



THE GETTING OF WISDOM ... Managing the Highs of Bipolar Disorder

Black Dog Institute 3rd Annual Writing Competition



The Black Dog Institute has launched its 3rd annual writing competition – this year on the topic of Bipolar Disorder.

This time around we are inviting sufferers of Bipolar Disorder, family members, friends and interested professionals to tell us how to manage the elevated mood, the ‘high’ that is characteristic of this illness.

We invite you to participate!

While the Black Dog Institute website is already considered one of the most informative in Australia on the subject of Bipolar Disorder, it is looking to collate broader consumer and community insights on how sufferers manage the ‘highs’ and minimise the collateral damage.

For example:

- What are people’s strategies?
- Are there reliable warning signs?
- Can the benefits of a creative surge be harnessed without getting ‘burnt’, or isn’t this possible?
- Without romanticising such a fierce illness, have there been any upsides?

“By people sharing these stories with others, it will help the Institute develop a grassroots **Consumer Bipolar Disorder Survival Kit** that is a combination of both professional and consumer know-how,” according to Professor Gordon Parker, Executive Director of the Black Dog Institute.

Entries are to be in the form of a written article (of up to 1500 words) and must address the topic of ‘managing the bipolar disorder highs and the getting of wisdom’.

Prizes will be awarded for the three best entries:

- 1st place - \$2,000
- 2nd place - \$1,000
- 3rd place - \$500

The closing date for receipt of entries is 31 January 2007.

Entries will be judged by an independent panel and a selection of the best articles may be published on the Black Dog Institute’s website.

It is a condition of entry that material submitted will be available for further use by the Black Dog Institute, in areas such as promotion and research, although the names of entrants will only be published with the author’s approval.

An application form and further information can be obtained via the Black Dog Institute website: blackdoginstitute.org.au or by telephoning the Institute on (02) 9382 4523.

The Black Dog Institute is a not-for-profit research, educational and clinical body specialising in mood disorders, and affiliated with the University of New South Wales and attached to the Prince of Wales Hospital. Supported NSW Health. Postal address: Hospital Road, Prince of Wales Hospital, Randwick NSW 2031

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